

## 2023 a Year of Thankful Blessings for Washburn County



PHOTO: REGAN KOHLER



### **SUBMITTED BY LINDA HAND**

ADRC Director/  
Aging Director

As I write this article, it is the week ending October 15, 2023, which was most likely the highlight of 2023 with the formal Grand

Opening of the Washburn County Wellness Center 50+. This included a dedication of the building by the Spooner seniors in memory of Thomas J. Jackie. Tom's son Rob was in attendance to accept the dedication plaque, which will be displayed in the Dining Room of the Wellness Center.

As I look back over the last ten months, it has been a whirlwind of changes for the ADRC. The first day of January marked the start of the integrated and independent ADRC of Washburn County. With this came an expansion of staff to provide additional services for the residents of Washburn County.

► The ADRC added a much-needed additional Information & Assistance worker Nicole to work with Anna.

► The front office gained Administrative Assistant/Marketing Guru Cassi.

► Amber moved into the position of Mobility Manager of our transportation program where we added a 14-Passenger Transit Van along with our fantastic Van Driver Jeremy. The program rebranded Washburn County Transit with expansion of services for older adults, adults with disabilities, and caregivers of Washburn County to include not only

medical, but also shopping and social excursions. In 2023 we were able to use a portion of our 85.21 Transportation grant to provide another chart bus trip for local residents which took place in October, a color tour of the North shore.

► With the change to an independent ADRC, we gained a position for a Dementia Care Specialist/Caregiver Coordinator dedicated to Washburn County residents. Patryce has jumped in whole heartedly to create a Dementia Friendly Community, Caregiver Coalition, and a very successful first Caregiver Conference.

► The Nutrition Program has been going gangbusters with new programming, education, and expansion of services. Our Nutrition Director Val, who we are so glad joined our team, has led this. We have recently gained a new site manager in Minong Laura, Spooner an additional cook Jennifer, and Shell Lake a new site manager Char who is in the process of opening the Shell Lake site five days a week with cooking onsite for both congregate and home delivered meals. The Spooner site, led by Mary, has made the official move to its new home on Beaverbrook Avenue, doubling capacity with a commercial kitchen, dining for 100, activity room, library, health prevention rooms, and ADA bathrooms and was rebranded the Washburn County Wellness Center 50+. By numerous requests, we once again held our Summer Senior Dinner & Concerts at the Shell Lake Community Center & Pavilion. As of October, we were able to start our most recent grant awarded by Meals on Wheels of America. This grant was to address unmet needs. Our proposal was a type of competition for our nutrition program by inviting local chefs to come into our new Wellness Center to work with our staff as a Top Chef Kitchen Takeover. Each month we will address

a specific health condition, with a healthy meal and nutrition education included. In October, we had Rick and Trish from PaPa Saletri's Italian Beefs Food Truck and November will be The Laughing Goat Food Truck.

► With a grant opportunity from USAging through the ACL of \$262,000, we were able to add two new vaccine outreach workers for a year to assist providing education, events, and accessibility to vaccination clinics in Washburn County for older adults and adults with disabilities. This grant includes \$50 incentives through our local Chambers for a total of over \$62,000 which will be distributed right back into our local communities for every resident 60+ and adults with disabilities 18-59 that get a vaccine until April 2024.

► We received an additional 2023 grant to our 2022 award for the Seniors Love their Pets from Meals on Wheels America and Pet Smart to provide in home vaccinations for pets and veterinarian care in our partnership with Beautiful Hearts Rescue.

► As part of these grants, we have been able to document our projects in a partnership with Beau Petersen Photography and Video Productions who has done an outstanding job of capturing the development and progress of each, with our them of "Live Well, Age Well" Washburn County.

For now, we thank everyone for their support and look forward to greater things to come. We could not do any of this without the support of the community, county staff & board, and volunteers. We have been blessed.

I leave this article with a poem I found online that struck me as very inspirational and a reminder that



PHOTO SUBMITTED

Cassi & Amber



PHOTO SUBMITTED

Thomas Mackie Dedication at the Wellness Center



PHOTO SUBMITTED

Kitchen Takeover Staff



PHOTO SUBMITTED

Gooseberry Falls



PHOTO SUBMITTED

Great Lakes Candy Kitchen



PHOTO SUBMITTED

Craig & Molly Pearson



PHOTO SUBMITTED

Mike & Sue Schroeder

**DIRECTOR NEWS**  
FROM FRONT PAGE

each one of us is an important part of the puzzle of life.  
<https://www.facebook.com/ravenous.butterflies>

“You are not your age,

Nor the size of clothes you wear,  
You are not a weight,  
Or the color of your hair.  
You are not your name,  
Or the dimples in your cheeks,  
You are all the books you read,  
And all the words you speak,  
You are your croaky morning voice,  
And the smiles you try to hide,  
You're the sweetness in your laughter,

And every tear you've cried,  
You're the songs you sing so loudly,  
When you know you're all alone,  
You're the places that you've been to,  
And the one that you call home,  
You're the things that you believe in,  
And the people that you love,  
You're the photos in your bedroom,  
And the future you dream of,  
You're made of so much beauty,

But it seems that you forgot,  
When you decided that you were defined,  
By all the things you're not... “

Erin Hanson - Not.  
Anna Airy - Mrs. Monica Bur-  
nand, 1916.

**YOUR neighbor IN HEALTH**

When you need high-quality healthcare, stay close to home with Spooner Health. Our dedicated team provides a variety of services, meaning you don't need to travel far to take care of your health. Instead, just like a trusted neighbor, we're here to help when you need us.

**TRUST SPOONER HEALTH FOR:**

- Outpatient Care
- Surgeries, Wounds & Veins
- Specialty Services
- Continual Care (from hospital to home)

**Spooner HEALTH**

To learn more about healthcare services from Spooner Health, visit [spoonerhealth.com](http://spoonerhealth.com).

**October is Financial Planning Month!**

Saving money and cutting back expenses is a great start, but a financial advisor can help you determine if you're saving enough and offer suitable investments to help you address your financial goals.

**CALL OR VISIT TODAY!**  
715-635-3136  
[www.davidpford.net](http://www.davidpford.net)

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**Ford Financial Group**  
Helping Chart Your Financial Course  
Located in the Shell Lake State Bank:  
Spooner - Minong - Hayward - Stone Lake

**David P. Ford**  
CERTIFIED FINANCIAL PLANNER™

**Lynn Ford**  
Certified Retirement Planning Counselor<sup>SM</sup>

**Tom Sutton**  
LPL Financial Advisor

Not insured by FDIC or any government agency | Not bank guaranteed  
Not bank deposits or obligations | May lose value

**ADRC STAFF CONTACTS**

# Welcome new Washburn County Senior Nutrition Team members!

**We Would Like to Welcome Laura to the Washburn County Senior Nutrition Team!**

Hello! I'm Laura Gomez. It's my pleasure and honor to have joined the ADRC of Washburn County and



PHOTO SUBMITTED

LAURA GOMEZ

be able to connect, cook, and manage the meals on wheels and congregate meal program for the Minong area. I have already in my short time here met and connected with so many amazing people with extraordinary life journeys that define each person, and their path in life. A little about me, I'm originally from the twin cities. I

moved here 20 years ago and met my husband, Rene. We have two teenage children that every day show us how blessed we truly are to have them in our lives. I have a passion for natural health and wellness, working with flowers, relaxing at coffee shops, and cooking. As I'm cooking each day, it brings me back to a little girl when I would get my hands into the dough that my grandma was kneading to make homemade egg noodles and strudel. Food is a necessity, healer, memory builder, and gives us a reflection of where we have been. I admire the connections I have made so far, with so much help from the seniors and community on my new journey that has truly filled my heart. I hope to have you in the Minong Senior Center soon so we can share stories and I can warm your belly with some nutritious and tantalizing flavors.

**We Would Like to Welcome Jennifer to the Washburn County Senior Nutrition Team!**



PHOTO SUBMITTED

JENNIFER GANSKE

Hi - I'm Jenny Ganske. I am married to Dave Ganske who also works for the County - paint crew and snow plowing. I have two grown children and five grandsons. I have been a hairstylist for the past 28 years yet have enjoyed cooking all of my adult life. Decided a career change would be fun, so here I am. I continue to do hair at both the Spooner and Shell Lake nursing homes and look forward to learning so much from Mary in the kitchen at the Washburn County Wellness Center 50+ in Spooner.



**715-635-4460 and 833-728-3400**  
 304 2nd Street, PO Box 316,  
 Shell Lake, WI 54871  
**HOURS: 8:00 a.m. - 4:30 p.m. M-F**

**www.co.washburn.wi.us**  
<https://adrcwashburncounty.org/>  
**ADRC/Aging Director:**  
 Linda Hand • 715-634-4460

**ADRC of Washburn County Staff Contacts as of November 2023**

This is a list of our staff by position, with direct contact information. If they are unavailable to answer your call, please make sure to include a detailed message, which includes your full name, phone, and description of the information and services that you are seeking. If a staff member's message states they are out of the office, you can still call our main number to see if another staff member can assist you at 715-635-4460.

**Anna Brown**  
**Information & Assistance Specialist (I&A)**  
 715-635-4462

**Nichole Caudill**  
**Information & Assistance Specialist (I&A)**  
 715-635-4476

Our I&A staff provide support to all adults regarding the needs of persons with disabilities, older adults and their caregivers, and they explore what programs or services meet those needs. They take the time to get to know your situation, and collaborate with you and your support network on next steps.

**Kelly Weisenbeck**  
**Elder Benefit Specialist (EBS)**  
 715-635-4478

The EBS helps people ages 60+ navigate both private and public benefits, including Medicaid, Social Security, Medicare, prescription plans, Food Share and many other options to help seniors.

**Theodore Hampe**  
**Disability Benefit Specialist (DBS)**  
 715-635-4466

A DBS assists people age 17 ½ - 59 who have a disability. They can help with questions and applications related to Social Security Disability Insurance (SSDI), Supplemental Security Income (SSI), Medicaid, Food Share and other public and private benefits for adults with disabilities.

**Patryce Garcia**  
**Dementia Care Specialist (DCS)/Caregiver Support Coordinator**  
 715-635-4477

DCS provide information and support to adults with dementia and their caregivers. The role of Caregiver Support Coordinator assists residents throughout the county who act as caregivers for elderly, disabled, and grandparents raising children in many capacities.

**Valerie VanderBent**  
**Nutrition Director**  
 715-635-4467

The Nutrition Director oversees the Washburn County Elder Nutrition Program, which provides congregate Meals and Home Delivered Meals through our sites.

**Washburn County Nutrition Site Mangers**  
 Kristi Shoop (Birchwood) • Laura Gomez (Minong) • Char Jaeger (Shell Lake) • Mary Lawson (Spooner) • Jennifer Ganske (Spooner Cook)

**Amber Anderson**  
**Mobility Manager**  
 715-635-4465

Washburn County Transit provides medical, nutritional, and social rides for residents age 60+ and adults with disabilities.

**Washburn County Transit Drivers**

Jeremy Driesch • Kerry Moore • Dean Martin • Kathy Rowland

**Sheila Pierquet**  
**Fiscal Assistant**  
 715-635-4463

**Cassi Feiertag**  
**Administrative Assistant**  
 715-635-4460

**Washburn County Vaccine Outreach Coordinators**

Katy Allred 715-645-2754  
 Marilee Morris 715-645-2710

**Aging & Disability Services Committee**

Bob Olsgard • Linda Featherly • Kasey King  
 George Cusick • Joe Hoy

**ADRC Governing Board**

Bob Olsgard - Chair  
 Cathy Peterson • Danielle Larson  
 Colleen Cook • Char Snarski • Kathy Fabert  
 Mark Van Etten • Mike Linton • Mike Schroeder

SENIOR NEWS

# Can we have that?

Data gathered from the last census shows a huge increase of age 65+ population in rural counties in Wisconsin. Baby Boomers are aging and retiring. An AARP poll shows 77 percent of seniors do not

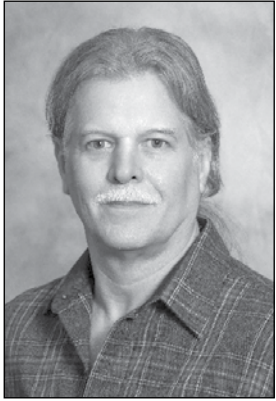


PHOTO SUBMITTED

**Don Posh**

want to be in a nursing home. They want to age in place, in their own home. This brings up the caregiver shortage/crisis. This may not affect you at this moment, but it really doesn't take much to find yourself in need of help. It can be a birth defect, an accident, a diagnosis or just time and wear and tear on our bodies. We elect our representation to solve problems. It appears this problem is ours

not theirs.

Have you ever heard of a Home Care Cooperative? There are not many, but there is one in Wautoma WI. There are differences in the way a cooperative works. Employee ownership is a real game changer. When an employee is an owner they have a vested interest in the overall operation of the business. They put quality of care and quality of

employment at the center of business decisions. This results in satisfied employees and a significantly lower turnover rate. That in turn has positive effects on the management and creates a better overall work environment which reflects in the quality of care. Can we have that?

Tune in for a live discussion of the home care coop, Thur. 10/12 8:30-9AM on WOJB 88.9 FM Streaming Live at [wojb.org](http://wojb.org)

*Be Well... We're All in This Together!*

For more information on independent living contact: indiGO serving Douglas, Bayfield, Iron, Price, Sawyer, Washburn, and Burnett Counties including Tribal communities of Red Cliff, Bad River, La Courte Oreilles and St Croix.

Main office: 800-924-1220 V/TTY

Our non-profit agency, indiGO, aims to empower individuals living with disabilities and we are available to assist ALL ages and disabilities. We are not a vendor and do not sell any products, but we are here as a resource.



## Happy Day Club News

Are you a caregiver for someone with memory loss? Let 'Happy Day Club' (an adult daycare program) help you! We meet every Monday and Thursday at Trinity Lutheran Church in Spooner WI from 9 a.m. to 2 pm.

Caregivers, you can leave your loved one with memory loss/dementia in a safe and fun environment so you can get some well-deserved free time. Those with memory loss/dementia can enjoy socializing, music and games, just to name some of the fun things that happen at Happy Day Club. The atmosphere is very relaxed and easy-going so folks can feel comfortable around one another. They can just be themselves.

Morning snacks and lunch are provided. We are staffed by one paid Director and a group of very well-trained and experienced volunteers. Happy Day Club is a nonprofit program that has been in existence for over twenty years, the only one in the Washburn County area! There is a \$30 daily fee. Financial help is available if assistance is needed.

Happy Day Club hopes you stop in for coffee and check our program out. Let us serve you on your journey with dementia. We are here to help.

Call us at 715-416-2942 or email [happydayclub65@gmail.com](mailto:happydayclub65@gmail.com).

Also, the Dementia/Alzheimer's Day Respite Program's CAREGIVER SUPPORT GROUP meets on the first Monday of each month at 9 a.m. at Trinity Lutheran Church in Spooner. Please check out this very informative, helpful and fun support group. We would love to have you join us! EVERYONE IS WELCOME TO ATTEND. Snacks and coffee available. Call 715-416-2942 or email [happydayclub65@gmail.com](mailto:happydayclub65@gmail.com) with any questions you may have.

# Staying safe and healthy this holiday season

Cold and Flu season arrives in northern Wisconsin along with the beautiful fall colors. Protect and prevent to insure a healthy holiday season. The best way to stay safe and protect your loved ones from colds, flu, and Covid 19 is to get your vaccinations before these illnesses are upon us.

Washburn County Aging and Disability Resource Center received a Grant from USAging through the ACL to provide information, outreach, transportation, and help accessing flu and vaccine clinics this season. We will continue to bring the latest updates of scheduled Flu and Covid 19 vaccine clinics. A list of current scheduled clinics will be posted on the Washburn County ADRC Facebook Page, Washburn County ADRC page, and available by calling the Washburn County Vaccine Coordinators at 715-645-2710 or 715-645-2754.

FREE transportation is being provided to vaccine clinics for Washburn County residents age 60+ and adults with disabilities 18-59. Call the Washburn County Mobility Manager at 715-635-4465 to schedule a ride.

### Medicare covers more vaccines free!

Good news! Thanks to a new prescription drug law that went into effect last year, as of January 1, 2023, your Medicare Part D drug plan now covers most vaccines at no cost to you. All adult vaccines recommended by the CDC's Advisory Committee



FILE PHOTO

on Immunization Practices are now covered with no out-of-pocket costs. Your Medicare drug plan will not charge you a copayment or apply a deductible for vaccines you get for things like shingles, whooping cough, tetanus, and more. It is important to stay up to date with vaccines to protect yourself from disease and severe illness. You can also get other vaccines free with Medicare Part B and Medicare Advantage, such as seasonal flu, COVID-19, and others. Talk with your doctor about which recommended vaccines are right for you. Visit [Medicare.gov](http://Medicare.gov) or call 1-800-MEDICARE (1-800- 633-4227) for more information about Medicare coverage and costs.

### WASHBURN COUNTY RESOURCES



**LOCAL CRISIS 888.860.0373**

Washburn County Human Services	715.468.4747
Lakeland FRC	715.635.4669
ADRC	715.635.4460
Veterans (CVSO)	715.635.4470
Non-Emergency Law Enforcement	715.468.4700

### SUICIDE AND CRISIS LIFELINE

**988**  
Call or Text

Contact us: [www.healthywashco.org](http://www.healthywashco.org)

## SENIOR NEWS

# Washburn County Transit has very exciting news for all Washburn County residents!

Are you a Washburn County resident age 60+ or 18-59 with a disability that would like a ride to the library, go to a store, or check out the NEW Wellness



PHOTO SUBMITTED

Amber Anderson

Center 50+ in Spooner, visit one of our sites in Minong, Birchwood, or Shell Lake for a meal or an activity? Would you like to meet a friend for breakfast, volunteer at your grandchild's school, visit a homebound friend, or attend a meeting at your church or courthouse? Well, we have good news for you! Our NEW TRANSIT VAN is hitting the road and it is ready to get you where you need to be! The van is available

for social/shopping trips for residents in our county Tuesday-Friday. We will still be offering non-emergency medical trips for medical appointments in our transit cars and our ADA wheelchair accessible van, but the transit van is geared toward social and shopping trips. On Tuesdays, we will be in Spooner/Shell Lake. Wednesdays Minong, Thursdays Birchwood, and Fridays we are designating trips to Rice Lake to stop at various stores there. The cost for riding the van is \$3 in Washburn County and out-of-county rides are \$5 per person. Give Amber a call to get on the pickup list (715) 635-4465. We are super excited to offer this service to our community! You will see our vehicles driving all over the area, with their new identifiable colorful wraps bearing pictures of locals



PHOTO SUBMITTED

living and aging well in Washburn County. Make sure to give a wave to our wonderful drivers who dedicate their day to getting people to where they need to go safely, rather than being homebound and not able to enjoy life socially or take care of themselves by attending to their healthcare needs. Rides for vaccination clinics are FREE.

Thanks for all your support with our Transit program. We could not do this without our passengers and a great community. If you do take a ride with us, we would love you to send us your written testimonials. When we apply for future grants, it helps us to show that these services are appreciated. We are very blessed to live where we do!

*"Thank you for the professional transportation service. I really do appreciate that quality of your service. I know also that medical staff valued the prompt, dependable, friendly drivers. You made it possible for me to remain in my home. Thank you all-office staff and drivers are all wonderful."*

Testimonial submitted by Sender who requested to remain anonymous.

**WASHBURN COUNTY  
TRANSIT**

## What are signs and symptoms of depression?

<https://www.nia.nih.gov/>

How do you know if you or your loved one may have depression? Does depression look different as you age? Depression in older adults may be difficult to recognize because older people may have different symptoms than younger people. For some older adults with depression, sadness is not their main symptom. They could instead be feeling more of a numbness or a lack of interest in activities. They may not be as willing to talk about their feelings.

The following is a list of common symptoms. Still, because people experience depression differently, there may be symptoms that are not on this list.

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, guilt, worthlessness, or helplessness
- Irritability, restlessness, or having trouble sitting still
- Loss of interest in once pleasurable activities, including sex
- Decreased energy or fatigue



FILE PHOTO

- Moving or talking more slowly
  - Difficulty concentrating, remembering, or making decisions
  - Difficulty sleeping, waking up too early in the morning, or oversleeping
  - Eating more or less than usual, usually with un planned weight gain or loss
    - Thoughts of death or suicide, or suicide attempts
- If you have several of these signs and symptoms and they last for more than two weeks, talk with your doctor. These could be signs of depression or another health condition. Don't ignore the warning signs. If left untreated, serious depression may lead to death by suicide.

If you are a health care provider of an older person, ask how they are feeling during their visits. Research has shown that intervening during primary care visits is highly effective in reducing suicide later in life. If you are a family member or friend, watch for clues. Listen carefully if someone of any age says they feel depressed, sad, or empty for long periods of time. That person may really be asking for help.

# MONTHLY MEAL CALENDAR

NOVEMBER					LUNCH & HOME DELIVERED MEALS MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
		Grilled Chicken on top of Tomato Basil Spaghetti Walnut Caesar Salad WG Garlic Breadstick Mandarin Oranges	Salisbury Steak Mashed Potatos Roasted Squash Whole Grain Bread Cinnamon Roasted Apples	Pulled BBQ Chicken Sandwich on WG Bun Apple Cranberry Coleslaw Carrot Sticks Pudding w/Bananas	1	2	3		
Sweet & Sour Pork w/Stir Fry Veggies over Brown Rice Egg Roll Cook's Choice Fruit	Lemon Pepper Fish Garlic Baby Reds Whole Kernel Corn WG Bread Cinnamon Pears Chocolate Cake	Sausage & Squash Stew Calico Beans Whole Grain Bread Apricots	<b>KITCHEN TAKEOVER EVENT SPOONER DINING @ 5</b> Mozzarella-Mushroom Chicken Breast Creamed Spinach WG Garlic Breadstick Baked Apples & Pears	<b>NO MEALS SERVED HOLIDAY OBSERVANCE</b>	6	7	8	9	10
Turkey and Cheese Sandwich with Lettuce & Tomato Broccoli-Cauliflower Salad, Fresh Apple <b>MINONG &amp; SHELL LAKE DINING @ 5</b>	Beef Roast over Mashed Potatoes & Gravy Cranberry Spinach Salad Whole Grain Bread Frosted Carrot Cake	Chicken Wild Rice Soup Dill Carrots WG Garlic Breadstick Fruit Salad	<b>THANKSGIVING DINNER</b> Oven-Roasted Turkey Mashed Potatoes & Gravy, Home-Style Stuffing, Whipped Sweet Potato, Whole Grain Bread Pumpkin Bar	Brat on a WG Bun Baked Beans Marinated Vegetable Salad Applesauce	13	14	15	16	17
Loaded Chef Salad w/Ham, Egg, Cheese, Veggies, Dressing WG Garlic Breadstick Strawberry Shortcake	Chicken Tortellini Baked Autumn Squash Steamed Broccoli WG Breadstick Cook's Choice Fruit	Chili-Stuffed Baked Potato w/Cheddar & Sour Cream Broc-Cheddar Cornbread Cinnamon Roasted Apples	<b>NO MEALS SERVED HOLIDAY OBSERVANCE</b>	<b>NO MEALS SERVED HOLIDAY OBSERVANCE</b>	20	21	22	23	24
Egg Salad w/Lettuce on a Croissant Apple-Cranberry Coleslaw Carrot Sticks Grapes	Spaghetti & Meatballs over WG Noodles Brussel Sprouts, Pears WG Garlic Breadstick <b>BIRCHWOOD DINING @ 5</b>	Cowboy Beans California Blend Veggies Potato Salad Whole Grain Bread Apricots	Baked Rosemary Chicken Garlic Green Beans Baked Sweet Potato Cornbread Cherry Cobbler		27	28	29	30	

• ALL MEALS SERVED WITH 1% MILK  
• MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO FOOD AVAILABILITY  
**FOR RESERVATIONS CALL:**

**Spooner Wellness Center: 715-635-8283 • Shell Lake Senior Center: 715-468-4750  
Birchwood Senior Center: 715-354-3001 • Minong Senior Center: 715-466-4448**

**EVERYONE IS WELCOME:** Those eligible to participate on a contribution basis include anyone age sixty and older. Suggested contribution is \$6 - \$8 per meal. Individuals under the age of sixty are welcome, but must pay the full meal cost of \$15 to participate.

# DINING AT 5



**NOVEMBER DINING @ 5**

Suggested donation is \$8.00 - \$10  
Cost: \$15.00 for anyone under 60 years old.  
**PLEASE MAKE RESERVATIONS 24 HOURS IN ADVANCE**  
Shell Lake: 715-635-4750 • Spooner: 715-635-8283  
Minong: 715-466-4448 • Birchwood: 715-354-3001

**MINONG MENU**  
**MONDAY, NOVEMBER 13**  
Pumpkin, Sausage, Sage Pasta  
Wedge Salad with Creamy Parmesan  
Garlic, Dressing & Bacon  
Roasted Beet & Plum Salad  
Cream Brulee

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**SHELL LAKE MENU**  
**MONDAY, NOVEMBER 13**  
Oven Roasted Turkey  
Mashed Potatoes & Gravy  
Thanksgiving Stuffing, Baked Squash  
Dinner Roll, Pumpkin Pie

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**SPOONER MENU**  
**THURSDAY, NOVEMBER 9**  
**HEALTHY KITCHEN TAKEOVER EVENT**  
**FEATURING**  
The Laughing Goat Food Truck

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**BIRCHWOOD MENU**  
**TUESDAY, NOVEMBER 28**  
Bacon Wrapped Chicken Breast  
Mashed Red Potatoes  
Parmesan Asparagus  
Garden Salad; Fresh Bread

# TABLET & SMARTPHONE TRAINING



Our tablet and smartphone training program is FREE for Seniors. It teaches the basics of using your device along with using email, YouTube, the Internet, online safety, taking pictures with the device's camera and more!

**Come learn valuable information for FREE!**  
Tablets can be borrowed to learn upon.  
**Ask TODAY for more information or call us at Neighbor to Neighbor.**



## DAYLIGHT SAVING TIME INFORMATION

*Fall Back* NOVEMBER 5, 2023 AT 2:00 AM

- Set your clocks back one hour.
- Check and replace smoke detector batteries.

## SENIOR CENTER NEWS AND EVENTS

**LINDA ROGERS**  
**FRIENDSHIP COMMONS**  
 Shell Lake Senior Center

We are definitely enjoying a beautiful fall season this year. We hit record high temperatures and received more rain in September than we had all summer. Now is the time to feast on sweet corn, squash, and pumpkins straight from the garden. The apples were abundant this year and we had some tasty desserts at the center.

Our flowers were exceptionally beautiful this year at the center but now it is time to prepare for what we hope will be a mild winter to make up for the snows that we had last year. Time will tell. Just getting together and enjoying games, crafts, and sitting down to delicious meal makes the winters a bit shorter.

Our painting classes are especially fun. Joni always such creative ideas for us. They are usually the first Monday of each month at 1 pm.

Call (715) 468-7491 for information about activities at our Center. Call the Shell Lake Senior Center at (715) 468-4750 to make your lunch reservation at least 24 hours in advance. For Meals on Wheels delivery in Washburn County call Valerie VanderBent, Nutrition Director, at (715) 635-4460.

*Make a Difference*  
**VOLUNTEER!**

**SHELL LAKE SENIOR CENTER**  
**FRIENDSHIP COMMONS**  
 210 4th Avenue, Shell Lake | 715.635.8283

NUTRITION SITE MANAGER: CHAR JAEGER  
 CO-PRESIDENTS: LINDA ROGERS | 952.288.9961 & JUNE WILLIS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	2 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	3 Congregate Dining 11:30
6 Congregate Dining 11:30 Painting	7 Congregate Dining 11:30	8 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	9 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	10 Center Closed <b>VETERAN'S DAY HOLIDAY</b>
13 Congregate Dining 11:30 <b>Dining @ 5</b>	14 Congregate Dining 11:30	15 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	16 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	17 Congregate Dining 11:30
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27 Congregate Dining 11:30 Membership Meeting 1:00	28 Congregate Dining 11:30	29 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00	30 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30	

**CAROL ADDINGTON**  
 Birchwood Senior Center

Watch out for them ghosts and goblins, they will be out there any day now! Hope you have all enjoyed that wonderful fall we just experienced! Talk about eye candy...wow! That wind took them down very fast but what joy! Good thing we had that nice rain to hold things down a bit. Every time I opened my door for my Ginger pup, many of those leaves came in for a permanent visit. They are finally in that great garbage mountain beyond.

*Nothing spoils a good story more than the arrival of an 'eye witness!' (Mark Twain)*

As I write this, I have just completed a couple of weeks of 'houseboundness'. Covid paid me a visit the end of September...as I hear I was not the only one. If you also were a host. I hope it was gentle to you too. I have had all my other vaccines etc. and am a mostly healthy person. Having worked with kids all my life, I am immune to germs.

I like to make lists...I also seem to like leaving them where I make them.

Hope you had a chance to attend our fall book club. They are meeting the 1st and 3rd Wednesdays at 3pm at the center. It's a fun bunch of gals and Pat



**BIRCHWOOD SENIOR CENTER**

**LAKESIDE CENTER**  
 110 Euclid Avenue, Birchwood | 715.354.3001

NUTRITION SITE MANAGER: KRISTI SHOOP

Zemitis is presently heading it as she is at the library often and they have a "book club plan" where they put together a set of books with discussion ?s and she has picked them up for us in the past. They are working on one now entitled "Stolen" by Ann Helen Laestadius. Do check it out. Some attend who have not read the book to just hear about it so not everyone gets/is able to read them.

When I was a kid, I used to watch the "Wizard of Oz" and wonder how someone could talk without a brain... then I got Facebook....

I hope to see some of you at Dining at Five! Remember it is on Tuesdays now and we have had a nice group. Last month we had salmon and I hear it was awesome. I could not be there with my big "c" so I am sure not going to miss next time. The menu is printed with this article but if you miss it, you can always call. You have to call to reserve Anyhoo. In addition, do stop for lunch sometime.

I just burned 1200 calories...I forgot the pizza in the oven...

And before I go...please give, some thought to be a book buddy! I cannot tell you what joy it is to still be hearing from many of those students I read with. This year I attended two baby showers and many of them still stay in touch. What joy!

So do not forget you can watch those little ones parade their stuff thru downtown Birchwood. I am guessing on Thursday the 31st but it will be in the News or on the website or you can call the school and find out. Happy Thanksgiving and Happy EVERY DAY!

*Get on a waiting list **NOW** for your housing needs **LATER***

**Washburn County Housing Authority**  
 is accepting applications for their rental properties.  
 1 & 2 bedroom units

*Schricker Manor & Goslin Court (Spooner)*  
*West Side Manor (Shell Lake) • Birch Haven Manor (Birchwood)*

**Call for details: 715-635-2321**

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

## SENIOR CENTER NEWS AND EVENTS

### VERDELL PETTEY

WASHBURN COUNTY WELLNESS CENTER  
50+ NEWS

Verdellpettey@gmail.com

It is a real pleasure to be in our new building, Washburn County Wellness Center 50+, 850 W. Beaverbrook Ave., Spooner, WI.

The first day of use was August 28th, 2023. Our activities and dining have plenty of room for people age 50 and older to join in the fun. Dining @ Five has taken a new turn for a couple of months, thanks to a recent grant award from Meals on Wheels America. This grant provides for a monthly Top Chef Kitchen Takeover Challenge, with local chef's getting involved in our congregate meal Dining @ 5 program. At the official Grand Opening held on Friday, October 13, 2023, we were treated to authentic Italian cuisine served by local Chef Rick Saletri, owner of Papa Saletri's Food Truck. A big thank you goes out to Chef Rick and his beautiful wife, Trish for all of the hard work they put into providing a top-notch dinner for over 100 guests. They were assisted by our very own Top Chefs from Spooner – Mary & Jennifer, Shell Lake - Char, Birchwood - Kristi, and Minong – Laura. We could not have asked for a more wonderful day of food starting with a light breakfast, buffet lunch, and then a fantastic dinner. Do not forget our wonderful Italian Barista's – Tom, Lynn, & Colleen who created a

### SPOONER SENIOR CENTER

WASHBURN COUNTY WELLNESS CENTER 50+

850 W. Beaverbrook Ave., Spooner | 715.635.8283

NUTRITION SITE MANAGER: MARY LAWSON

CO-CHAIRMAN: CARYL LIGLER | 715-635-8215 and LYNN BEARD | 715.520.3569

variety of beautiful Mocktails & Italian Soda's for those in attendance. Be watching the ADRC of Washburn County Facebook Page and our FB page at Spooner Seniors at Wellness 50+ Center for information on our next event. We know that it will be "The Laughing Goat Food Truck" owner, Chef Paul, who will be our November Top Chef in the House! You can host a Dining at Five. Choose a month and a decorating theme. Tally your receipts for reimbursement. For more details, call Lynn Beard at 715-520-3569.

- Mahjong on Tuesdays starts at 1PM.
- 500 cards on Wednesdays starts at 1PM.
- Bridge on Wednesdays starts at 1PM.
- Hand and Foot Cards on Thursday's starts at 1PM.
- Chair Dancing starts on Wednesdays at 9:30AM.
- The third Friday of the month we team up with the Library for the Senior Book Club.
- The board committee meets the last Monday of the

month at 1PM.

We can have more than one activity going on at the same time because we have different rooms to use besides the large activity/dining room. You can stop by and freely use the library room and the coffee house. The library room has tables to accommodate a few people for reading, project work or socializing. The coffee house across the hall is convenient for individuals to brew a single cup or a pot of coffee to share.

Please let me know by the 20th of November for anything you want posted in the Focus News for December. Call Verdell Pettey at 507-696-8263.

In addition, most importantly thank you to ADRC for the wonderful summer music series at the Shell Lake beach. Be sure to take notice of the scenes painted on the new ADRC van. You may recognize yourself enjoying those summer nights. Thank you ADRC for the Grand Opening celebration of the center held on October 13th. It was a sell out! It is so appreciated.

### WINTER WEATHER REMINDER

It's winter weather season again! Snow will soon be upon us and I want to remind everyone of the policy for Senior Dining and Home-Delivered Meals in the event of inclement weather. We value all our seniors and want them to be safe on days that bring ice and snow.

Senior nutrition programs may be cancelled and there will be no home delivered meals if the roads are slippery or dangerous due to a snowstorm or freezing rain. Please tune in to the local radio stations for announcements for your area: **WCSW (94.0 AM) and WGMO (95.3 FM) Shell Lake; WJMC-FM (96.1 FM) Rice Lake; and WHSM (101.1 FM) Hayward.**

There may be instances where some areas of the county are experiencing inclement weather and others are not, so the rule of thumb is **"If the school in your area is closed, so is the nutrition site."**

You are encouraged to keep a 2-3 day supply of nonperishable food on hand in the event of an emergency that may force us to cancel our meal programs. Everyone on the Home Delivered Meal program will receive an **Emergency Nutrition Kit** to be used during these times.

**DELIVERY WILL BE LIMITED TO PLOWED ROADS ONLY!** Our volunteer drivers will only deliver meals on roads and driveways that are plowed. Sidewalks to your residence should be shoveled and ice-free. The safety of our drivers is very important to us. If your driveway or road is not sufficiently plowed, call the Washburn County Aging & Disability Resource Center at 715-635-4460 and tell us of your problem. There may be funds available to reimburse your expenses of having your driveway plowed and sidewalks cleared. This will save the volunteer driver a trip out on bad roads.

**HAVE A SAFE AND WARM WINTER!**

## Washburn County Wellness Center 50+ Participating in the 2023 Spooner Ladies Night Out



PHOTOS SUBMITTED

**SPOONER AREA CHAMBER OF COMMERCE**

Presents

*Ladies Night Out*

**MONDAY, NOV. 20  
2:00 PM - 8:00 PM**

Downtown  
Spooner



- **FUN HOLIDAY SHOPPING**
- **INCREDIBLE DEALS**
- **COLLECTIONS FOR LOCAL FOOD PANTRY**
- **GRAND PRIZE DRAWINGS**

Start your day right by joining us from 12-1 p.m. for a wonderful Salad Bar Luncheon followed by a delicious Strawberry Shortcake Dessert on Monday, November 20th. We are planning some other surprises upon your arrival, which will include a Mocktails & Italian Soda Bar along with some games, fun, and prizes from 1-2 p.m. Then you can hit the streets for an evening of shopping and adventures throughout Spooner area.

**ABOUT LADIES NIGHT OUT FROM THE SPOONER CHAMBER:**

We hope to see you for our second year hosting La-

dies Night Out on Monday, November 20, 2023 from 2-8 p.m. There will be great deals offered all over town and a grand prize drawing at 8:15pm in Centennial Park featuring live music from the Spooner Select Choir before they perform at the Grand Ole Opry later this year! Customers will receive an entry ticket for the drawing by making a purchase or donating a pre-packaged food item that will go to our local food pantry. Check out all the latest details and deals on our social media on the Spooner Chamber Facebook Page:

<https://www.facebook.com/spoonerchamber>



## CHICOG NEWS

### JOANN MALEK and CATHY PETERSON CHICOG NEWS

One of the finest fishing spots in Wisconsin. Fish for pike, bass, crappie and sunfish in the lake or whip our clear, cool, well-stocked trout stream for its elusive denizens. Try the Namekagon River for the best Small Mouth Bass fishing in Wisconsin.

Fisherman's special, Friday to Sunday, from May 29 to September 15. Come by train if not by auto. Don't let tires keep you from the vacation you need. Travel the 'Chicago and Northwestern' departing Chicago at 6:15 or 11 pm, arriving in Spooner at 8 or 9:20 am. We will meet the train and transport you to Whispering Pines Lodge and then to your favorite fishing spot.

Fishing was an important draw to northern Wisconsin as can be seen by these paragraphs taken from a 1940's advertising brochure.

Rodney Haines first came to Chicog in 1953. He was thirteen years old and stayed a month to work for his uncle Harold Byrkit at Whispering Pines Resort. He helped put in docks, mowed lawn, washed rowboats. He returned for the next four summers, helping Harold's family with the many jobs required to maintain a resort. Rod and his cousins soon began training with Cecil Nelson, a well-respected Ojibway fishing guide. "He was a marvelous man. When he spoke, I listened." After three trips down the Namekagon, Cecil pronounced Rod ready to guide.

Harold made all of the arrangements with his guests, and then scheduled his fishing guides. Rod might be on the water for several hours in the morning and again late afternoon into evening. Guides were sometimes scheduled for seven days of the week.

Harold advertised brand new 14-foot flat-bottomed steel rowboats. He had fishing licenses for sale at the resort and offered live bait of all kinds.

Rod guided customers on any lake or river in the area. Guides never fished, they rowed. On the river, traveling stern-first, Rod worked to hold the boat back so it moved slowly through the water. He encouraged anglers to use short casts of 10-15 feet. He would pause at weed beds, eddies, ripples, holes, spots where they might pull out a big one. Rod is proud to say his customers were never skunked.

Destiny brought the Lorenty family to Chicog for summers in the 1950's. Lorraine and Rod became friends but her mom deemed them too young to

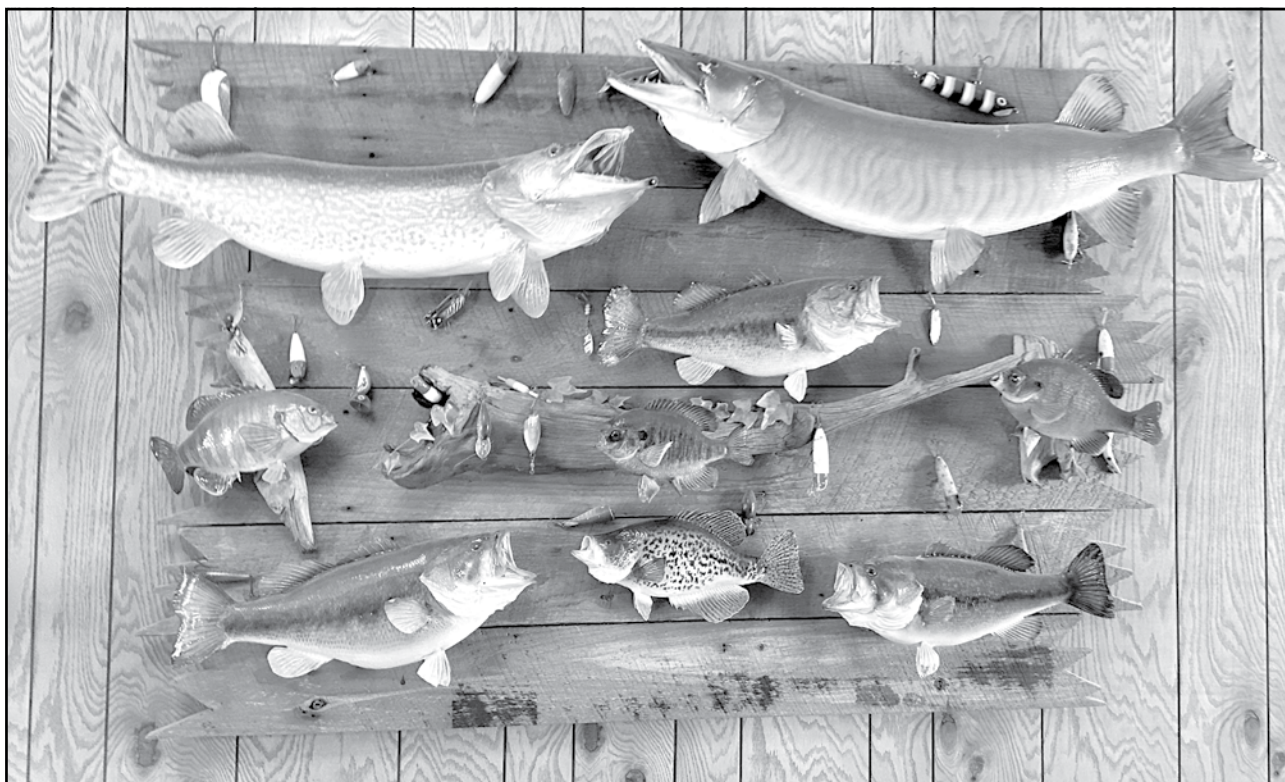


PHOTO SUBMITTED

Some of Rod's trophy fish, all but the salmon caught from Chicog waters.

date. Their friendship continued and grew. The couple was wed in 1963 and honeymooned at the resort they both knew well. After Dr. and Mrs. Lorenty built their retirement home in Chicog, Lorraine and the children spent summers with her parents, while Rod commuted from Milwaukee for weekends. Chicog became a vacation destination for the entire extended family.

Fishing has been a big part of Rod's life, though he did not continue to guide. Yet you can be sure that he has taught next generations the art and science of fishing that he learned from an expert so many years ago.

Voice your transportation needs for the Washburn County 5-Year Public Transit Coordination Plan on Thursday, November 16, 2023 from 1-3 p.m. in the Washburn County Board Room, Shell Lake, WI. Learn about transportation options available through the ADR and other providers. Express your concerns. Your input is important.

#### IMPORTANT NOVEMBER DATES

- Wednesday, 11/1, 6pm, monthly Chicog

meeting, town hall

- Thursday, 11/2, 12:30-3pm, Family Caregiver Voices, Rice Lake
- Tuesday, 11/7, 12:45-1:45, Books and Bread, Trego
- Wednesdays, 11/8, 11/22, Namekagon Transit services
- Thursdays, no walkabouts in November
- Thursday, 11/16, 11-1pm, Bibliodragon, town hall
- Thursday, 11/16, 1-3 p.m. Washburn County Transportation Mtg, Shell Lake
- Saturday, 11/18, 5-8pm, Hunters Feed, town hall

The Chicog Hunter's Feed is not just for hunters. Full turkey (plus ham) dinner, including real mashed potatoes, stuffing, Betty's famous cranberry sauce. Eat at the town hall or take your meal home to enjoy. Tickets available at the door and worth every penny: Adults \$15, children \$10, under five, free.

Be sure to purchase raffle tickets to support Chicog emergency services. Drawing will be held during the Hunter's Feed.

Thanks for reading the Chicog news.

## VEHICLE EMERGENCY KIT

Keeping an emergency kit in your vehicle can ensure you have crucial supplies available if you become stranded while driving or are unable to return home due to a disaster.

#### ITEMS TO INCLUDE IN A VEHICLE EMERGENCY KIT:

- Cell phone car charger
- Drinking water
- Duct tape
- Fire extinguisher
- First aid kit
- Flashlight and extra batteries
- Foam tire sealant
- Jumper cables
- Multipurpose utility tool
- Nonperishable snacks



FILE PHOTO

- Portable electric tire air pump
- Rags
- Rain poncho
- Reflective warning triangles or roadside flares
- Tire pressure gauge
- Tow strap or tow rope

#### DURING COLDER WEATHER MONTHS, INCLUDE THE FOLLOWING:

- Blankets and extra warm clothing, hats, and gloves
- Cat litter or sand to provide traction
- Snow shovel
- Windshield ice scraper
- Winter boots

## DINING @ 5 KITCHEN TAKEOVER

# An Interview with Paul Restad and Shannon Klopp of The Laughing Goat Food Truck



PHOTO SUBMITTED

Laughing Goat Staff



PHOTO SUBMITTED

Laughing Korean Tacos

## THE NOVEMBER 2023 TOP CHEF'S FOR THE WELLNESS CENTER 50+ KITCHEN TAKEOVER DINING @ 5 THURSDAY, NOVEMBER 9, 2023.

Why did you decide to open a food truck and how did you come up with the name The Laughing Goat? After Paul retired from the Pipeline, prior to 2019, he would cook food at Klopps for the football games. Paul and Shannon were talking about the possibility of expanding their food service, but not in the bar, so they decided to open a food truck. Klopps specializes in homemade style pizzas. Shannon was watching the food channel a lot and they were talking about Aaron Rogers the GOAT, The Greatest of All Time, and because Paul has a goatee, Shannon thought that was really cool, the greatest of all time food truck. She originally thought of the screaming goat, as there was a Geico commercial at that time with a screaming goat. Shannon thought about it some more and realized that Paul does not scream,

but he does laugh all the time and that is how The Laughing Goat (Greatest of All Time Food Truck) came to be. The Laughing Goat was officially established in 2019.

What is your favorite thing you like to cook at the Laughing Goat? Paul loves making everything, but he truly enjoys making the Philly's. Shannon loves making her "weird" sliders (peanut butter and jelly).

How do you come up with your daily specials? Shannon indicated that it is difficult to come up with daily specials as people in this area do not care for onions or mushrooms, and they really do not like anything spicy. Paul said that it is also difficult coming up with new items as it takes a while for things to catch on. Shannon said if this area were larger, it would be easier to come up with more unique items. They do prepare a wide variety of foods ranging from Asian to Greek. Someday they would like to prepare a larger variety. Paul has eaten at many different places in his travels with his time on the pipeline. He has visited the lower 48. He said the strangest thing he has eaten in his travels has been balut, which is a chicken embryo in the egg. Shannon has recently tried haggus. Paul also has to consider people's allergies when he is preparing his meals.

Is all of your food made from scratch? A majority of the specials are made from scratch, with the substitute of some of the deep fried items. All of the sauces are made from Paul's secret recipes. He sources his hamburger locally and always has fresh vegetables for his dishes. All of his recipes are prepared on the food truck.

What is your favorite part of doing this? Paul really enjoys talking with his customers. It brings out his humor and makes his day enjoyable. He says he really enjoys "Finding the humor in life."

Do you cater, and if so, what types of events do you cater? Yes, they do cater. About 10% of their business is catering. It mostly has been catering for sporting events, football, volleyball, etc. They do not advertise this service, but if the request is made, they will cater. They also cater for charitable events, specifically The Street Eats for The Benjamin House in Rice Lake and to the nursing homes.

What do you do during the winter months when the Goat is closed? Paul enjoys travelling, having someone else cook for him, and spending some quality time with his couch.

Have you considered travelling with the truck down south during the winter months? Yes, but it is so difficult

moving the truck from place to place, that this is not something that they plan on doing in the foreseeable future. Traveling to different events can even be difficult as they run out of certain items on the menu, or sometimes they bring too much food.

Are the photos posted to Facebook actual photos of your food and has advertising on Facebook brought in more business? Yes, all of the photos that are posted to Facebook are actual meals that Paul has prepared for his daily specials. Their advertising on Facebook has helped promote The Laughing Goat and has contributed to its success. Paul wants people to be able to see what they are coming and ordering, there are no surprises.

Did you have any restaurant experience before you started cooking at The Laughing Goat? Paul laughed, and said absolutely none.

Side Notes: Paul and Shannon love it when people give them ideas on new items to make. They indicated it could be difficult to come up with new recipes as some people prefer their food to not be spicy, and many people hesitate to try something new. Paul's philosophy on food is the messier the better.

## SENIOR NEWS

# Nutrition and Fall Prevention

**SUBMITTED BY**  
**VALERIE VANDERBENT**  
 Washburn County Nutrition  
 Director

Did you know that certain foods can help improve your balance? The importance of a balanced diet is well known, but our diet can actually help decrease our risk for falls too. For Wisconsinites, this particular season can pose many fall hazards while navigating the outdoors. Icy drive-ways and sidewalks can be a true test of our balance. Give yourself an edge this winter by incorporating these five foods into your diet. They all contain resveratrol, an antioxidant shown to improve balance and motor coordination while increasing longevity.

**Blueberries** – Not only have studies found that blueberries improve balance, but they also have been shown to improve memory, fight cancer with their anti-oxidative properties, and reduce the risk of cardiovascular problems. Try enjoying these health-packed berries in a pancake, served



ISTOCK FILE PHOTO

on top of your favorite yogurt, or by themselves as a morning or afternoon snack!

**Red Grapes** – Resveratrol can be found in the skin of red grapes, along with other nutrients, such as vitamins B1, C, and K, manganese and potassi-

um. Easily turn grapes into a healthy frozen snack by tossing them in the freezer. This simple move changes the texture, offering a naturally sweet frozen treat to munch on.

**Cranberries** – Cranberries are incredibly high in antioxidants, second

only to blueberries, and are Wisconsin's official state fruit. Cranberries are commonly associated with the holidays, but these delicious and balance enhancing berries can be enjoyed year-round - frozen, dried, or in juice form.

**Peanuts** – A good source of healthy fats and protein while also providing balance-maintaining resveratrol. Add peanut butter to your toast in the morning, or to apples or celery as a healthy snack.

**Dark Chocolate** – Chocolate, specifically dark chocolate, is rich in resveratrol as well as a specific type of antioxidant called flavonoids. Flavonoids are known for their anti-inflammatory and antihypertensive effects, which means adding dark chocolate to your diet can help with lowering your risk of heart attack and stroke while improving balance.

*Reference: <https://www.onegreenplanet.org/natural-health/foods-that-can-help-improve-your-balance/> Image source: iStock*

## Hearing Aids Slow Cognitive Decline in People at High Risk

September 14, 2023

As the world population ages, the number of people living with dementia and other types of cognitive impairment continues to rise. Safe and affordable interventions to prevent or slow age-related cognitive decline are greatly needed.

Studies have found an association between hearing loss and the development of dementia in older adults. Research also suggests that using hearing aids to treat hearing loss may help slow the development of cognitive problems. But potential links between hearing loss treatment and improved cognition hadn't been tested in a large, randomized study.

To close this gap, an NIH-funded research team co-lead by Dr. Frank Lin from Johns Hopkins University enrolled nearly 1,000 adults, ages 70 to 84, into a clinical trial. They compared the rate of cognitive decline over a three-year period between people who did and didn't receive hearing aids.

The researchers recruited participants with substantial hearing loss from two different study populations. About 250 healthy older adults came from a long-term study of heart health at four sites in the United States. Another 739 people were newly recruited from the surrounding communities at the same four sites. Participants recruited from the heart-health study had more risk factors for developing dementia, including being older and having faster rates of cognitive decline than those from the general community.

The researchers randomly assigned participants to one of two interventions. About half received hearing aids and instruction in how to use them.

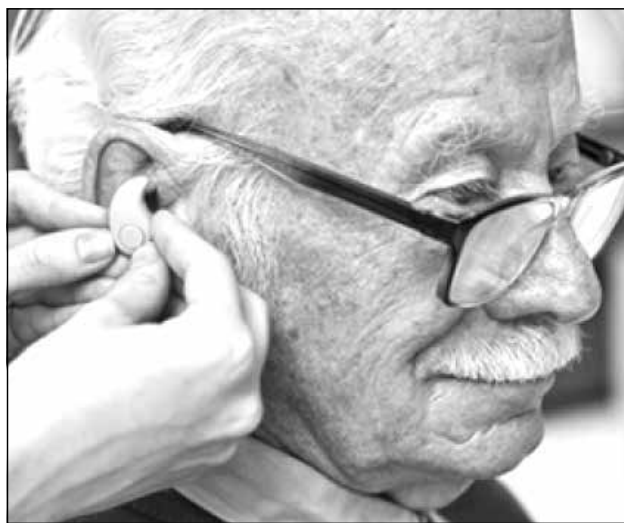


PHOTO SUBMITTED

The other half were assigned to a health education program focused on promoting healthy aging. Both groups received follow-up visits every six months to reinforce the training.

Before the start of the study and annually for three years, all participants took a battery of tests to measure cognitive functioning. The results were published on July 17, 2023, in *The Lancet*.

People who received the hearing aids reported substantial improvement in communication abilities over the course of the study. Those in the health-education group, as expected, did not experience improvement in hearing and communication.

In the main analysis of all study participants, the researchers saw no difference in the rate of change in cognitive functioning between people who received

the hearing aids and those who didn't.

However, when the analysis focused on people from the heart-health study who had a higher risk of dementia, the benefit of the hearing aids was substantial. Those who received hearing aids had an almost 50% reduction in the rate of cognitive decline compared with people in the health-education group.

"Hearing loss is very treatable in later life, which makes it an important public health target to reduce risk of cognitive decline and dementia," Lin says.

The researchers are continuing to follow the study participants to see how changes in cognition develop over time. They're also looking at brain scans and data on social engagement to better understand how protecting hearing may prevent cognitive decline in vulnerable older adults.

"Until we know more," Lin adds, "we recommend for general health and well-being that older adults have their hearing checked regularly and any hearing issues properly addressed."

— by Sharon Reynolds

Funding: NIA and NIH National Heart, Lung, and Blood Institute; Eleanor Schwartz Charitable Foundation.

This research was supported in part by NIA grants R01AG055426, R01AG060502, and R34AG046548.

Reference: Lin FR, et al. Hearing intervention versus health education control to reduce cognitive decline in older adults with hearing loss in the USA (ACHIEVE): A multicentre, randomised controlled trial. *Lancet*. 2023. Epub July 17. doi: 10.1016/S0140-6736(23)01406-X.

## ABOUT PREDIABETES AND TYPE 2 DIABETES

# What are Prediabetes and Type 2 Diabetes?

<https://www.cdc.gov/diabetes/prevention/about-prediabetes.html#print>

- **WHAT ARE PREDIABETES AND DIABETES?**
- **WHO IS AT RISK FOR PREDIABETES AND DIABETES**
- **DIABETES HAS SERIOUS CONSEQUENCES**
- **YOU CAN PREVENT TYPE 2 DIABETES—GET STARTED TODAY!**

There are 96 million American adults who have prediabetes – that's 1 in 3 adults! Of those 96 million, more than 8 in 10 of them don't even know they have it. Without taking action, many people with prediabetes could develop type 2 diabetes within 5 years.

With numbers like that, it's important to learn about prediabetes and take action.

### WHAT ARE PREDIABETES AND DIABETES?

Having prediabetes means your blood glucose (sugar) levels are higher than normal—but not high enough to be diagnosed as diabetes. Prediabetes can lead to heart disease, stroke, and type 2 diabetes, the most common form of diabetes. Prediabetes can often be reversed.

With type 2 diabetes, your body cannot properly use insulin (a hormone that helps glucose get into the cells of the body). You can get type 2 diabetes at any age, but you are at higher risk if you are older, overweight, have a family history of diabetes, are not physically active, or are a woman who had gestational diabetes.

Gestational diabetes is a kind of diabetes that some women get when they are pregnant. Even if a woman's blood sugar levels go down after her baby is born, she is at higher risk of getting

## TYPE 2

### BODY CAN'T USE INSULIN PROPERLY

- Can develop at any age
- Most cases can be prevented

In adults, type 2 diabetes accounts for approximately

# 90-95%

of all diagnosed cases of diabetes

type 2 diabetes later in life.

With type 1 diabetes, your body cannot make insulin, so you need to take insulin every day. Type 1 diabetes is less common than type 2; approximately 5-10% of the people who have diabetes have type 1. Currently, no one knows how to prevent type 1 diabetes.

- If you want to learn more about the basics of diabetes and prediabetes, you can visit CDC's Diabetes website.
- Read the National Diabetes Statistics Report to learn more about the toll that diabetes is taking in the United States.

### WHO IS AT RISK FOR PREDIABETES AND TYPE 2 DIABETES?

Are you at Risk?

If you have these risk factors, you may be at higher risk than others for prediabetes and type 2 diabetes.

- You are overweight.
- You are 45 years of age or older.
- Your parent or sibling has type 2 diabetes.
- You are physically active fewer than 3 times per week.
- You ever gave birth to a baby that weighed more than 9 pounds.
- You ever had diabetes while

pregnant (gestational diabetes).

Race and ethnicity also affect your risk. African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at particularly high risk for type 2 diabetes.

Following are the percentage of people in the United States with diagnosed diabetes from 2018 to 2019:

- Non-Hispanic Blacks – 12.1%
- Hispanics – 11.8%
- Non-Hispanic Asians – 9.5%
- Non-Hispanic Whites – 7.4%

If you are at risk, talk to a health care professional about getting a blood sugar test.

### DIABETES HAS SERIOUS CONSEQUENCES

### DIABETES IS SERIOUS AND COMMON

Diabetes is currently the eighth leading cause of death in the United States—and studies show that deaths related to diabetes may be under-reported! Today, 1 in 10 US adults has diabetes, and 1 in 5 don't know they have it.

An additional 96 million US adults—1 in 3—have prediabetes,

which means their blood sugar is higher than normal, but not high enough to be considered type 2 diabetes. Without intervention, many people with prediabetes could develop type 2 diabetes within 5 years, which puts them at risk of serious health problems, including:

- Heart attack
- Stroke
- Blindness
- Kidney failure
- Loss of toes, feet, or legs

“Without intervention, many people with prediabetes could develop type 2 diabetes within 5 years.”

### DIABETES IS COSTLY

Type 2 diabetes affects millions of individuals and their families, workplaces, and the U.S. health care system. In 2017, the total cost of care for people with diagnosed diabetes was \$327 billion, up 33% over a 5-year period. About 1 in 4 health care dollars is spent on people with diagnosed diabetes. The majority of expenses are related to hospitalizations and medications used to treat complications of diabetes.

### \$16,750

People diagnosed with diabetes incur on average \$16,750 annually in medical expenses. That's about 2.3 times the medical expenses of a person without diabetes. The need to prevent type 2 diabetes has never been greater.

### YOU CAN PREVENT TYPE 2 DIABETES—GET STARTED TODAY!

If you have prediabetes, a CDC-recognized lifestyle change program is one of the most effective ways to prevent getting type 2 diabetes. It can help you lose weight, become more active, and prevent or delay type 2 diabetes. To learn more, visit <https://www.cdc.gov/diabetes/prevention>

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## SENIOR NEWS

# Work & retirement for older adults

<https://www.ncoa.org/>  
**9 HIGH-IMPACT INTERVIEWING TIPS FOR OLDER JOB SEEKERS**

Jul 21, 2022 - Created in Partnership with IBM

## KEY TAKEAWAYS:

While a job interview allows an employer to size up your skills, it's also a chance for you to see if the company is a good fit for your needs.

Expressing enthusiasm, asking questions, and showing your adaptability are some of the ways you can stand out from the competition.

A job interview can feel intimidating when you're 60 or older, but our interview tips for older applicants can help you make a smart first impression.

There are many bright sides to being an older job seeker. You know your strengths and weaknesses. You're eager to learn new things. You bring a level of experience, wisdom, and dedication that can't be matched by younger workers.

All that said, interviewing as an older applicant can feel scary, especially if you haven't interviewed for a job in a long time (or ever). Here are nine (9) tips to help you present yourself in the best light and make a winning impression on potential employers.

## HOW DO YOU INTERVIEW AS A MATURE WORKER?

### 1. PREPARE FOR QUESTIONS BEFOREHAND

While interview questions will vary from employer to employer, there are certain ones that tend to appear time and again. These include:

"Why do you want to work for us?"

"Why should we hire you?"

"Why did you leave your last job?"

"What are your short- and long-term goals?"

"What are your biggest strengths / weaknesses?"

Think carefully about how you want to answer these questions and practice your responses—either in front of a mirror or with someone else. The more you rehearse, the more calm and self-confident you'll appear during your interview.

### 2. LET YOUR ENTHUSIASM SHINE THROUGH

During your job interview, make it clear why you were drawn to the organization. Maybe you've always loved working with children. Or you're a loyal, longtime customer of the store you're interviewing with. If it's a charitable or service organization, you may feel a calling to help the people in your community. Speak from your heart,

but avoid saying you need the job to pay your bills or supplement your retirement savings—even if it's true.

### 3. ASK QUESTIONS

A job interview gives potential employers the chance to evaluate your skills and talents. It's also an opportunity for you to get to know the company and see if it's right for you.

Do some research ahead of time by browsing their website and studying their brochures. Get a sense of what the company does and what their mission is.

At the interview, probe further by asking questions about the organization's culture and values. This shows you've done your homework and are interested in making sure there's a mutual good fit.

Examples of questions you can ask include:

"How do managers give feedback to employees?"

"Are there opportunities for additional education and training?"

"How does your company reward employees for their achievements?"

### 4. EMPHASIZE YOUR ABILITY TO ADAPT

People age 60 and older are vulnerable to the stereotype that they're stuck in the "old ways" of doing things. This may be especially true with younger hiring managers. You can combat this misconception by showing employers that while you have a lot of experience, you're also open to new concepts and ideas. You embrace innovation and are always willing to learn something new.

### 5. HIGHLIGHT ANY TECHNOLOGY SKILLS YOU HAVE

Another driver of age discrimination is the idea that older adults are not technology savvy (this, of course, is not the case). Instead of waiting for tech-related questions from the interviewer, be proactive and address this issue right out of the gate. Look for opportunities to mention how you've kept up with the latest technologies, whether it's taking a computer class or staying active on social media. If you're

skilled in specific software tools related to your field, make it known and provide examples of how you've used those tools in other job roles.

### 6. BE READY FOR VIRTUAL INTERVIEWS

A growing number of companies are choosing to perform initial interviews using video-conferencing technology. Make sure you're prepared for this possibility. Find out what platform the employer uses (such as Zoom) and get familiar with it before your interview. Do a test-run to confirm that your camera



FILE PHOTO

is well positioned and the audio works properly. You could even do a mock interview with a friend or family member to help you get comfortable with the video interview format.

### 7. KEEP YOUR RESPONSES BRIEF

As an older worker, you have a lot of great experiences and insights to share. But keep in mind that people's attention spans these days are short, and you don't want to risk losing your interviewer's interest. If you tend to be talkative, make an extra effort to keep your answers to questions as concise as possible. Focus on giving the interviewer only the information they need and resist offering elaborate explanations or getting sidetracked with personal anecdotes.

Additionally, try not to oversell your experience. Interviewers are mostly concerned with recent experience that relates to the role you're applying for. Instead of listing out everything you've worked on or accomplished over the years, select parts of your work history that show you're qualified for the job at hand.

### 8. DRESS TO IMPRESS

When it comes to interviewing for older adults, appearances matter. A business suit is appropriate for most job interviews, even if the workplace dress is more casual. Always err on the side of dressing too formally.

### OTHER TIPS TO KEEP IN MIND:

Shower, shave (if applicable), brush your teeth, and comb your hair before the interview.

Keep makeup simple.

Do not wear heavy fragrances (like perfume or aftershave).

Avoid chewing gum during the interview.

Wear clean, pressed clothes.

Wear clean, shined shoes (not sneakers or flip-flops).

Does age matter in an interview?

It may—but you can shift the focus elsewhere by highlighting all the value you can bring to the organization. Showing you're passionate, proactive, and flexible can help you stand out to employers and make age a non-issue.

### 9. SEND A THANK-YOU NOTE AFTER THE INTERVIEW

You've put a lot of time and thought into preparing for your interview, and you think it paid off. But you're not done yet! Don't forget to follow up afterwards with a simple note of thanks to the potential employer. Since few people tend to send a post-interview thank-you note, doing so helps set you apart from other older job applicants. It shows good manners, and it gives you an opportunity to reinforce your interest in the role and your qualifications.

Should a thank-you note be in the form of an email or a handwritten letter? A handwritten, mailed note provides a personal touch. But since it may take a while to arrive, it's a good idea to send a thank-you email first—no more than 24 hours after your interview.

### HOW DO I GET A JOB WHEN I'M OLDER?

Searching for a new job? Or returning to work after a break? NCOA recently launched its new employment tool, Job Skills CheckUp, to help older adults get tips on how to succeed as a mature worker. All you have to do is tell us about your goals, describe your current employment situation, and the Job Skills CheckUp will create a personalized plan to help you find job openings, build a professional network, prepare for job interviews, and more.

The Senior Community Service Employment Program (SCSEP) is also a good place to start. SCSEP helps certain unemployed older adults age 55+ find gainful employment in a number of service areas. Should you meet the program guidelines, you'll be matched with a part-time position that allows you to build skills and confidence while earning money. Most people who participate in SCSEP are able to use their experience to find a permanent job.

## Online Safety for Older Adults: Browsing the Internet Confidently

The internet has become an important tool for daily life—playing a critical role in connecting with others, exploring new information and places, and conducting business. This makes knowing how to use the internet safely essential. This fact sheet includes best practices to help you do so.

### POP-UPS

Many websites have pop-ups, those small browser windows that suddenly appear in the middle of the screen. Pop-ups are a way for websites to draw your attention and are often used as an advertisement. They often aim to re-direct you to another site. Most pop-ups are just a nuisance and are not harmful.

**ACTION STEP:** If you encounter pop-ups, look for the “X” to close it. The “X” is often intentionally hard to find. It will generally appear in one of the corners of the pop-up window. If you happen to click on the pop-up itself, do not panic. You can select the back button in your browser or close the tab or window. Avoid clicking on the page that opens as a result of the pop-up.

### ADS AND SPONSORED CONTENT

When you use a search engine like Google, the first several search results will be advertisements. You will know they are ads because they will be labeled “Ad,” and they are often the top three search results. Scrolling past the ads and carefully reading the website address or URL of the search results can make for a better browsing experience. Sponsored or paid content is another type of advertisement you will encounter on the internet. These ads are designed to be subtle and blend in with the rest of the content on a webpage, making it difficult to tell the difference between sponsored content and the actual content of a webpage. You will also find sponsored content on social media platforms like Facebook, Twitter and Instagram. These posts blend into your feed, and you may not realize at first glance that they are ads.

**ACTION STEP:** Ads and sponsored content are often, but not always, labeled as “Sponsored” or “Promoted.” Always check the byline and description of a video for signs that it might be an ad before you click to watch.

### WEBSITE SPOOFING

A spoofed website is one that is designed to look like a legitimate site but is

actually a website that will capture any information you enter. Once the websites obtain your personal information, the people behind them then use or sell the information. These spoofed websites often have similar URLs as legitimate websites. For example, the URL for a website spoofing Bank of America’s site may be missing a letter, such as [www.bankoamerica.com](http://www.bankoamerica.com).

**ACTION STEP:** If you use Google Chrome as your web browser, make sure that “Safe Browsing” is turned on so that the browser can catch any mistakes. You can do this by going to Settings • Privacy & Security • Security and selecting the level of Safe Browsing you want. We recommend choosing **Enhanced Protection**.



engAGED

The National Resource Center  
for Engaging Older Adults

### SECURE WEBSITES

Websites with https in their URL have added an extra level of security that safeguards any information you enter on the site—the “s” stands for “secure.” Websites that do not include the “s” (http) are not necessarily unsafe; they simply did not take the extra step to ensure a secure connection.

**ACTION STEP:** If you enter sensitive information (e.g., your address, phone number, banking information, credit card number, Social Security Number, etc.) while browsing online, you should only do so if you see https in the website address and trust the organization or company.

### TIPS FOR EVALUATING INFORMATION ONLINE

Remember that anyone can post false or misleading information on the internet. When evaluating whether information is accurate and trustworthy, ask yourself whether you are using the correct website domain extension—.com, .org, .gov, etc.—for the type of information you are seeking. Here are additional questions that can help you determine whether the information you are reading online is accurate.

- Who owns and runs the website?
- Is this organization or person reputable?
- Who wrote the information? • Are they trying to sell you a product?
- Is this organization or person knowledgeable?

### RESOURCES

For more information on how to browse safely online, visit the Senior Planet website ([www.seniorplanet.org](http://www.seniorplanet.org)) or call the Senior Planet Hotline at (888) 713-3495. For additional resources and support, contact the Eldercare Locator at (800) 677-1116 or [eldercare.acl.gov](http://eldercare.acl.gov).

### REMEMBER...

As with most of the things we do every day, there are risks associated with using the internet, but the benefits of enjoying online activities and connecting virtually outweigh the risks. Keeping in mind the tips and best practices presented in this fact sheet will help you explore and connect with others online safely and with confidence! This fact sheet is part of a series of fact sheets on online safety for older adults. Visit [www.engagingolderadults.org](http://www.engagingolderadults.org) to learn about the other fact sheets in this series.

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SENIOR NEWS

# New Report Finds Wisconsin EMS Providers Are Responding to More Falls

## NUMBER OF EMERGENCY CALLS FOR FALL-RELATED INJURIES INCREASED BY NEARLY 10,000 PER YEAR SINCE 2019

A new report from the Wisconsin Department of Health Services (DHS) finds that falls are a leading cause of injury and death in Wisconsin. The report, *EMS and Falls in Wisconsin*, shows that, in 2022, emergency medical services (EMS) providers responded to over 130,000 falls across the state, the top injury they responded to.

“This data provides unique insight into where and why falls are occurring, and sheds light on where resources are needed most,” says State Health Officer Paula Tran. “Today, the number of falls Wisconsin EMS providers respond to continues to increase at an accelerated pace. As Wisconsin’s population ages, preventing falls needs to be prioritized to support the health and independence of Wisconsinites statewide, and to reduce the impact of falls on Wisconsin’s EMS and health care systems.”

The report highlights data submitted to the Wisconsin Ambulance Run Data System (WARDS)

and the National Fire Incident Reporting System (NFIRS) by EMS providers across the state.

Key findings include:

- EMS providers responded to 25,055 more falls in 2022 than in 2019.
- The number of falls EMS responds to are increasing by nearly 10,000 a year statewide, with an average increase of 7.4% a year since 2019.
- Falls made up 18% of 911-related ambulance runs in 2022.
- Private residences are the most common place that EMS responds to falls or fall-related injuries. Over four years, falls in private residences increased by about 5,000 falls a year, an average increase of 7.3% each year.

While not all falls cause fatal injuries, they still impact health and well-being in other ways, causing long-term health conditions stemming from injuries or loss of confidence and independence for those who experience a fall.

“Falls can seriously impact a person’s life. The good news is that there are steps people can take to reduce their risk of a fall,” says Kris Krasnowski, Executive Director of the Wisconsin Institute for Healthy Aging (WIHA), a statewide nonprofit that convenes Wisconsin’s falls prevention coalition. “Our new Falls Free Wisconsin initiative has been designed to

give older adults, their families, and caregivers the resources they need to assess their risk of a fall and be safer at home and in the community.”

According to WIHA, most falls happen in and around the home. Vision problems, medications, poor lighting, loss of balance and strength, even some kinds of footwear are all factors that can lead to a fall. Falls Free Wisconsin has information, tools, and resources to help people make changes that address these challenges. Because while falls may be common as we all age, there are things everyone can do to avoid them:

- Eliminate trip hazards such as cluttered walkways and throw rugs.
- Install grab bars to steady yourself in the bathroom.
- Exercises to improve balance and strength.
- Check with a pharmacist or physician to learn how the medications can affect balance and strength.

In addition to the *Falls Free Wisconsin* initiative, WIHA’s *Stepping On* program provides information for people who want to reduce their falls risk. Wisconsin’s network of *Aging and Disability Resource Centers* (ADRCs) can support older adults in connecting with services and resources to encourage healthy aging.

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